

Appalachian Clogging Workshop

Delaware Valley Bluegrass Festival, September '16

This uniquely American dance from the southern Appalachian Mountains emerged from a melting pot of influences - Celtic, African and Cherokee - creating a distinct new form of folk music and percussive dance, performed to the rhythms and driving beat of the banjo and fiddle.

Clogging Terms

STEP

Place the entire foot flat on the floor, producing a click with the toe tap and the heel tap at the same time and transferring the body weight along the full length of the foot while flexing the knee downward.

BRUSH

A non-weight-bearing contact of the ball of the foot to the floor. The foot is allowed to swing from the knee with a pendulum action. The ball of the foot produces a click by striking the floor and continuing in the direction of the swing (which may be to the front, to the rear, or crossing in front or in back of the opposite leg). Movement comes from the hip and the knee joint.

SCUFF

A brush using the heel. A non-weight-bearing contact of the bottom of the heel to the floor produced by swinging the foot forward.

SHUFFLE

Two non-weight-bearing contacts of the ball of the foot to the floor produced by brushing the ball of the foot forward then back. The foot strikes the floor during the forward motion of a short kick and the knee straightens (ankle is relaxed and foot angles downward). The knee bends upward immediately and the same foot swings backward with the ball of the foot striking the floor again in the same spot. The heel should not touch the floor. The two motions of the foot are considered to be one movement with no hesitation between them. Normally, the clicks occur slightly in front of the body, but they may be done in other directions as well. Often done on the upbeat of the music (& a).

HEEL

A weight-bearing drop of the heel to the floor, leaving you on a full flat foot. The weight of

(HEEL, cont'd) the body is on the ball of the foot when the movement is done. Snap the heel down, producing a sharp click, and flex the knee downward, distributing the body weight along the entire length of the foot.

BALL

The transfer of the body weight in a stepping motion to the ball of the foot usually just slightly back with the knee bent slightly.

DRAG (Back)

The foot is flat on the floor and the knee is flexed when the DRAG begins. With a springing motion which moves the weight of the body up and back, straighten the knee allowing momentum to lift your heel slightly off the floor and drag your foot back about half the length of the foot. The weight is distributed along the length of the foot at the end of the movement. (This can also be done with both feet on the floor in the same manner.)

SLIDE (Forward)

A down and forward counterpart of the up and back motion of the DRAG. With the foot flat on the floor and the knee straight, roll your weight up onto the ball of the foot, letting your knee begin to go slack. As the weight of your body begins to drop forward and down, let the instinctive tightening of your thigh muscles save you from a fall by sliding your foot forward (about the length of your foot) and then letting your heel snap down, producing the click and redistributing your weight along the whole length of your foot. At the end of the SLIDE the knee will be in a flexed position. (Also can be done with both feet on the floor in the same manner.)

CHUG

A combination of a Drag and a Slide forward and back. Can be done on one or both feet.

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4 Basic Steps

Single

Count	Left	Right	Description
&a		Shuffle	Right Single
1		Step	
&a	Shuffle		Left Single
2	Step		

Basic

Count	Left	Right	Description
&a		Shuffle	Right Basic
1		Step	
&	Ball		
2		Step	Left Basic
&a	Shuffle		
3	Step		
&		Ball	
4	Step		

Alamo

Count	Left	Right	Description
&a		Shuffle	Single
1		Step	
&a	Shuffle		Single
2	Step		
&a		Shuffle	Basic
3		Step	
&	Ball		
4		Step	

Earl (with 3 basics)

Count	Left	Right	Description
&a 1 & 2		Basic	Basic
&a 3 & 4	Basic		Basic
&a 5 & 6		Basic	Basic
&	Scuff swing leg up & forward		Earl
7		Hop up	
&		land	
8	Heel dig in front		

Three Good Reasons to Clog • You become the rhythm section on the dance floor • You can't help but smile while dancing • It's great exercise!!!